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Back-to-school: mental wellness

New teachers. New classmates. New schools. Heading back to school can be both exciting and stressful. Helping children navigate anxiety and enhance their mental wellness can help set them up for a successful year.

Your Employee Assistance Program (EAP) benefit can help you:

- Establish new routines
- Provide emotional support
- Identify and address mental health needs

To learn more about the resources available and to find support, contact us today.

